



# Summer Physical Activity Safety



## Summer Sun Means Summer Fun!

- Summertime is right around the corner and is a great time to enjoy the beautiful outdoors and all that New Hampshire has to offer - hiking, biking, camping, fishing, etc...
- Remember to take certain precautions while being active during the summer months, especially during hot and humid weather.

## Hydrate Your Body

- While being active in the hot weather, you can easily lose up to a quart of water an hour.
- Drink water before, during and after being active. Sports drinks may be popular among intense exercisers, but they are not necessary and may actually absorb more slowly than plain water.

## Avoid Strenuous Activity During Peak Hours

- Very hot and humid weather hampers your body's ability to cool off through perspiration.
- Try doing your activity in the morning or evening to avoid the most intense heat, as well as times when smog and pollution levels are highest.

## Don't Forget Sunscreen

- Apply SPF 15 at least 30 minutes before being active outdoors. Reapply according to package instructions. Protect your eyes with sunglasses that block the sun's UV rays.

## Watch for Symptoms of Heat Stroke

- When the body can't rid itself of excess heat, there can be a sudden rise in body temperature. Signs to look for include: very hot and dry skin, dizziness, nausea, confusion and unconsciousness. Symptoms can occur rapidly.
- If these conditions exist, move the person to a cool area or immerse him/her in a cool bath to lower the body temperature as quickly as possible. You can also pour cool water over the person. If you suspect heat stroke, dial 911 or call for emergency medical assistance.

## Choose Appropriate Clothing

- Wear loose-fitting clothing to allow circulation of air between your skin and the environment.
- Choose light-colored clothing that reflects sunlight. Darker clothing absorbs heat.
- Cotton and linen are natural fabrics and may absorb moisture (sweat).
- Synthetic fabrics that have a mesh-like weave (polypropylenes) can help 'wick' moisture away from the skin and keep you feeling cooler.

For more information, visit: [www.mayoclinic.com/health/exercise/HQ00316](http://www.mayoclinic.com/health/exercise/HQ00316).

## Explore the Great Outdoors of New Hampshire!

- NH Division of Parks and Recreation's Bureau of Trails: [www.nhtrails.org](http://www.nhtrails.org)
- NH Dept. of Resource and Economic Development (DRED): [www.dred.state.nh.us](http://www.dred.state.nh.us) (includes information on 'Summer in NH', Parks and Recreation and travel and tourism)
- NH Fish and Game: [www.wildlife.state.nh.us/index.htm](http://www.wildlife.state.nh.us/index.htm) (includes information on fishing, wildlife and outdoor recreation)
- NH Trail Guide: [www.pccs-nh.com/trails/index.shtml](http://www.pccs-nh.com/trails/index.shtml)

